

The background is a vibrant watercolor illustration. On the left, a dark silhouette of a person is captured in a dynamic, athletic pose, possibly a dance move or a fitness exercise, with one arm raised and the other extended. The background is filled with soft, blended washes of color, including shades of green, yellow, orange, red, pink, and purple, creating a sense of movement and energy.

GROTON MIDDLE SCHOOL

Fitness

Club

**WEDNESDAYS AFTER
SCHOOL IN THE
MOVEMENT STUDIO**